



YOU SERVE. WE PROTECT.



Health Promotion and Wellness

The mission of the Navy and Marine Corps Public Health Center Health Promotion and Wellness Department is to provide innovative and evidence-based health promotion and wellness programs and services that facilitate readiness and resilience, prevent illness and injury, hasten recovery, and promote lifelong healthy behaviors and lifestyles.

To learn how our programs can help keep you fit for service and improve your overall health, visit us at WWW.MED.NAVY.MIL/SITES/NMCPHC/HEALTH-PROMOTION

For more information on your local resources, contact:

NAVY AND MARINE CORPS PUBLIC HEALTH CENTER
PREVENTION AND PROTECTION START HERE

